



## Caribbean-Style Johnny Cakes

READY IN



45 min.

SERVINGS



4

CALORIES



277 kcal

### Ingredients

- ☐ 8.5 ounce corn muffin mix
- ☐ 0.3 cup egg substitute fat-free
- ☐ 0.8 cup milk fat-free
- ☐ 0.3 cup green onions thinly sliced

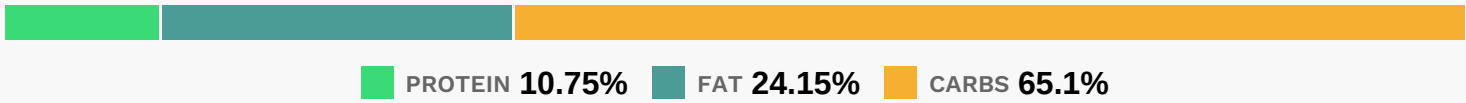
### Equipment

- ☐ bowl
- ☐ frying pan

### Directions

- ☐
- Combine all ingredients in a bowl; stir well.
- ☐
- Spoon 2 tablespoons batter for each cake onto a hot nonstick griddle or nonstick skillet. Turn cakes when tops are covered with bubbles and edges look cooked.

Nutrition Facts



Properties

Glycemic Index:16.31, Glycemic Load:0.84, Inflammation Score:-4, Nutrition Score:10.027826003406%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 276.63kcal (13.83%), Fat: 7.4g (11.38%), Saturated Fat: 1.89g (11.79%), Carbohydrates: 44.87g (14.96%), Net Carbohydrates: 40.8g (14.83%), Sugar: 15.02g (16.69%), Cholesterol: 2.58mg (0.86%), Sodium: 541.87mg (23.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.81%), Phosphorus: 356.85mg (35.69%), Vitamin B1: 0.3mg (20.29%), Vitamin B2: 0.29mg (16.88%), Fiber: 4.08g (16.31%), Folate: 63.34µg (15.84%), Vitamin K: 15.98µg (15.22%), Selenium: 10.52µg (15.04%), Calcium: 110.43mg (11.04%), Vitamin B3: 2.12mg (10.61%), Iron: 1.9mg (10.53%), Manganese: 0.2mg (10.1%), Vitamin B5: 0.71mg (7.07%), Vitamin B6: 0.13mg (6.38%), Vitamin B12: 0.37µg (6.19%), Magnesium: 23.47mg (5.87%), Potassium: 193.99mg (5.54%), Vitamin A: 259.05IU (5.18%), Vitamin D: 0.75µg (4.97%), Zinc: 0.72mg (4.81%), Copper: 0.06mg (3.03%), Vitamin E: 0.37mg (2.46%), Vitamin C: 1.31mg (1.59%)